NEHC Health Promotion Update

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NEHC Workshop March 04

2003 Command Excellence in Health Promotion Awards

Bronze Anchor:

- **ADM Joel T. Boone BMC**
- **N&MC Reserve Center, Des Moines, Iowa**
- **Naval Hospital Charleston Wellness Department**

Honorable Mention:

- **Branch Medical Clinic Ingleside**

2003 Command Excellence in Health Promotion Awards

Silver Eagle:

- **BMC MCAS Yuma, AZ**
- **BMC Mayport**
- **NH Jacksonville**
- **NH Oak Harbor**
- **N&MC Reserve Center Raleigh**
- **NMC Portsmouth, VA**
- **Semper Fit Center, Marine Corps Base Quantico**
- **USS BOXER (LHD-4)**
- **USS CLEVELAND (LPD-7)**
- **USS JOHN F. KENNEDY (CV-67)**

2003 Command Excellence in Health Promotion Awards

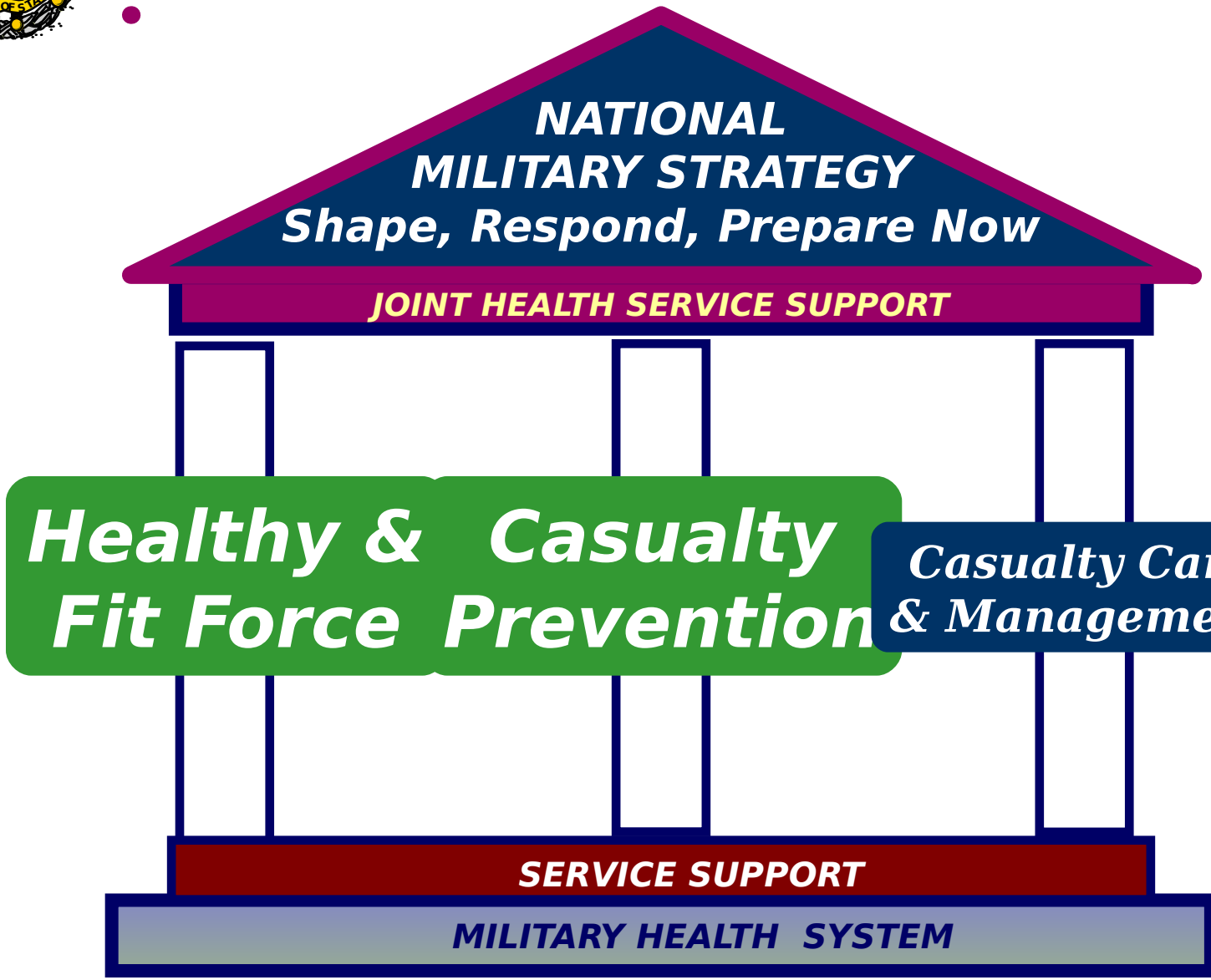
Gold Star:

- **BMC Atsugi**
- **BMC Washington Navy Yard**
- **NNMC Bethesda**
- **N&MC ResCen St. Louis**
- **NDC Mid-Atlantic**
- **NH Lemoore**
- **NH Pensacola**
- **NMC Pearl Harbor HP Department**
- **Navy ResCen Fargo**
- **Naval Reserve REDCOM Midwest**
- **U.S. NH Rota**
- **U.S. NH Yokosuka**
- **U.S. Naval Medical Clinics, United Kingdom**
- **USS GEORGE WASHINGTON (CVN-73)**
- **USS ABRAHAM LINCOLN (CVN-72)**

Gold Star Award
6 consecutive years

- **Naval Hospital Bremerton**
- **U.S. Naval Hospital Roosevelt Roads**
- **USS ENTERPRISE (CVN-65)**

Force Health Protection



Force Health Protection

CREATE A HEALTHY AND FIT FORCE - So that when we put a pair of muddy boots somewhere, the Sailor or Marine wearing them is physically, mentally and socially able to accomplish any mission our nation calls upon them to perform.

DEPLOY WITH THEM TO PROTECT - The battlefield is the "office place" of the warrior, who deserves the best possible protection from hazards that could prevent mission execution.

RESTORE HEALTH: DEPLOYED, AND AT HOME - If numbers 1 or 2 fail, we are with them to deliver world class care: treatment, stabilization, medical evacuation. At exactly the same time AND level of importance, we deliver care to the spouses and families at home.

TRICARE FOR LIFE - We help a grateful nation thank its ed warriors by giving them and their families health care for life.

Charlie-Papa!
Steaming to Assist

2002 DoD Survey of Health Related Behaviors Among Military Personnel

- **Released March 04**
- **Full report on-line**

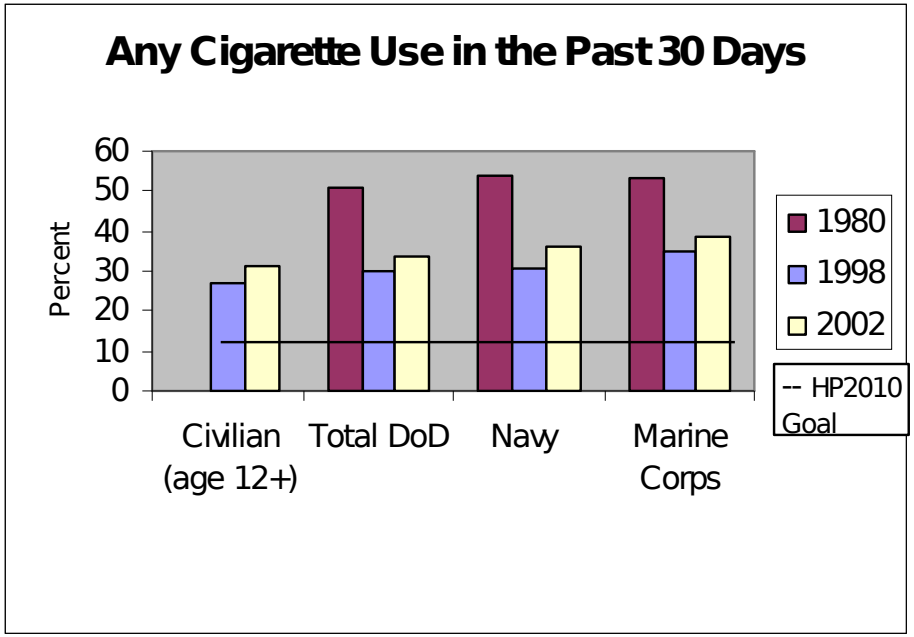
http://www.tricare.osd.mil/main/news/2002WWFinalReport.pdf

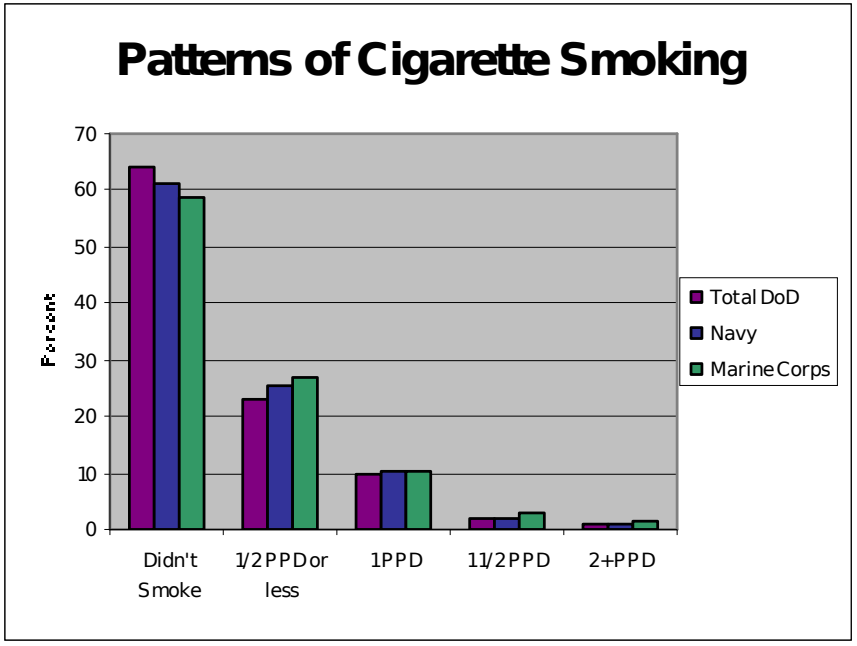
- **347 pages**
- **CD's available at**

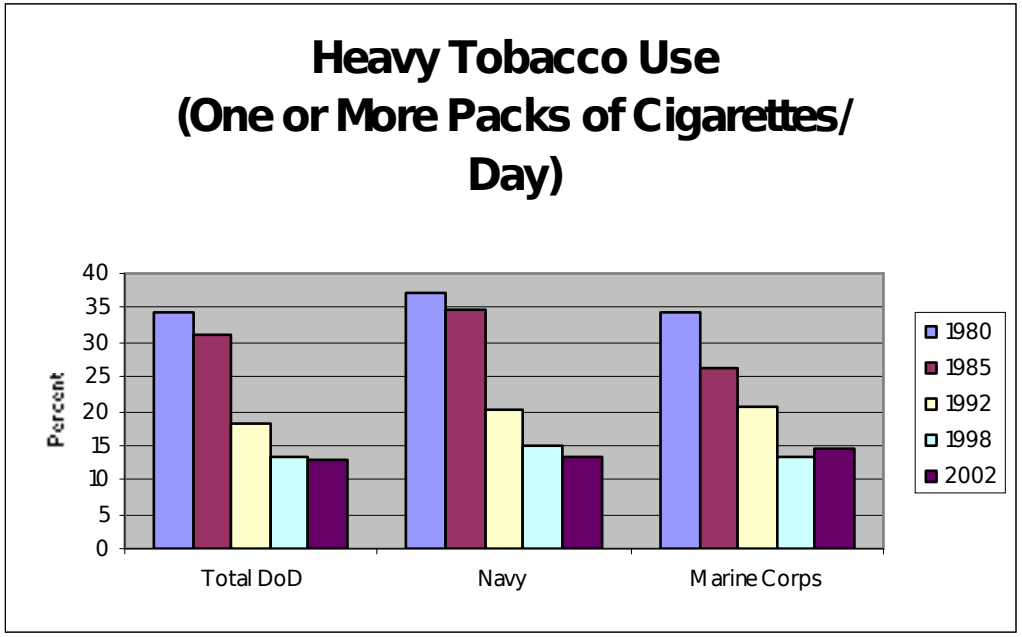
- **Strenuous exercise**
- **Seat belt/helmet use**
- **Pap tests**
- **Substance use-pregnancy**
- **Heavy drinking**
- **Cigarette smoking**
- **Stress in women**
- **Overweight**

NAVAL MEDICINE
World Class Care... Anytime, Anywhere

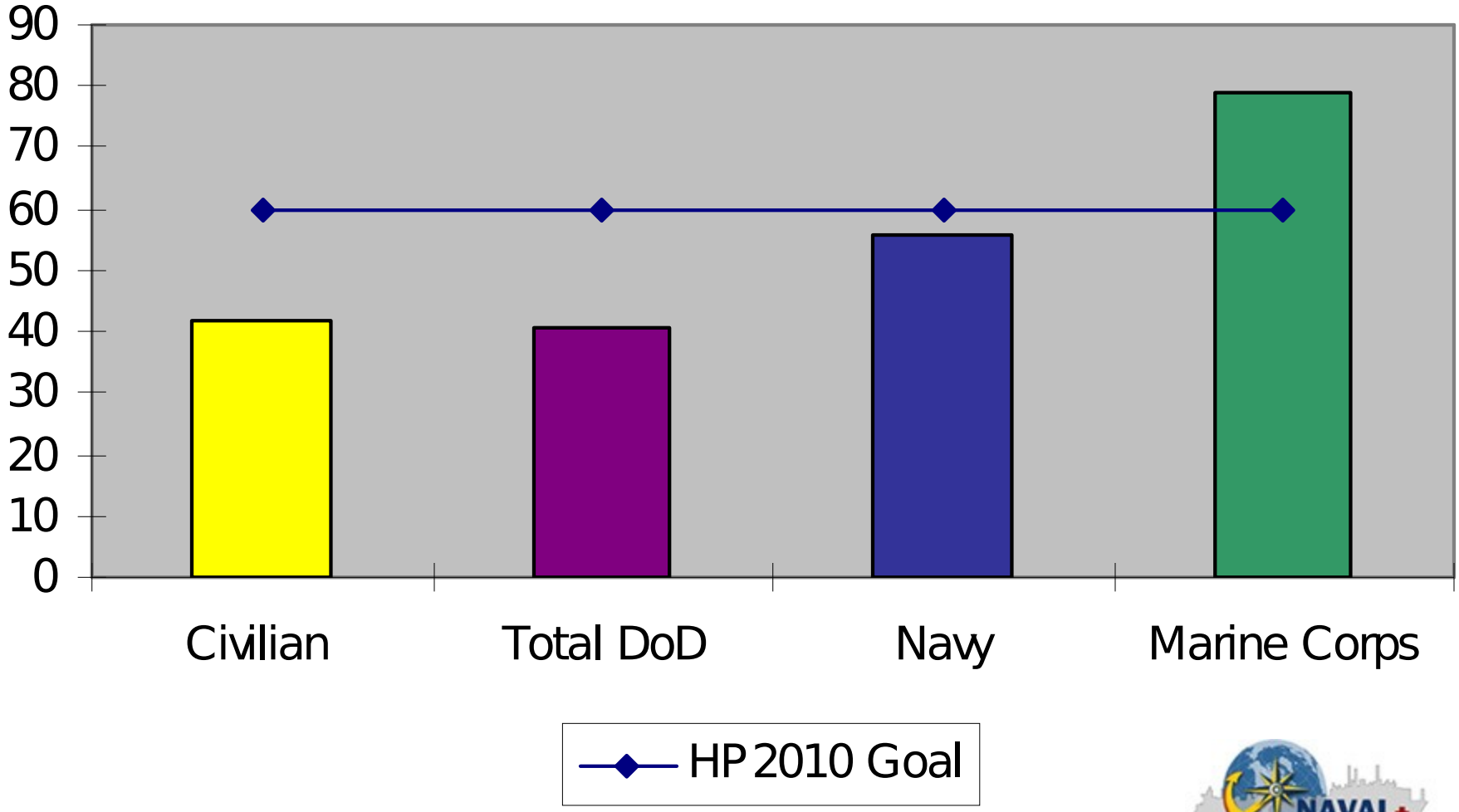
Tobacco Use







Healthy Weight (18.5 ≤ BMI<25



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World Class Care... Anytime, Anywhere

Alcoho
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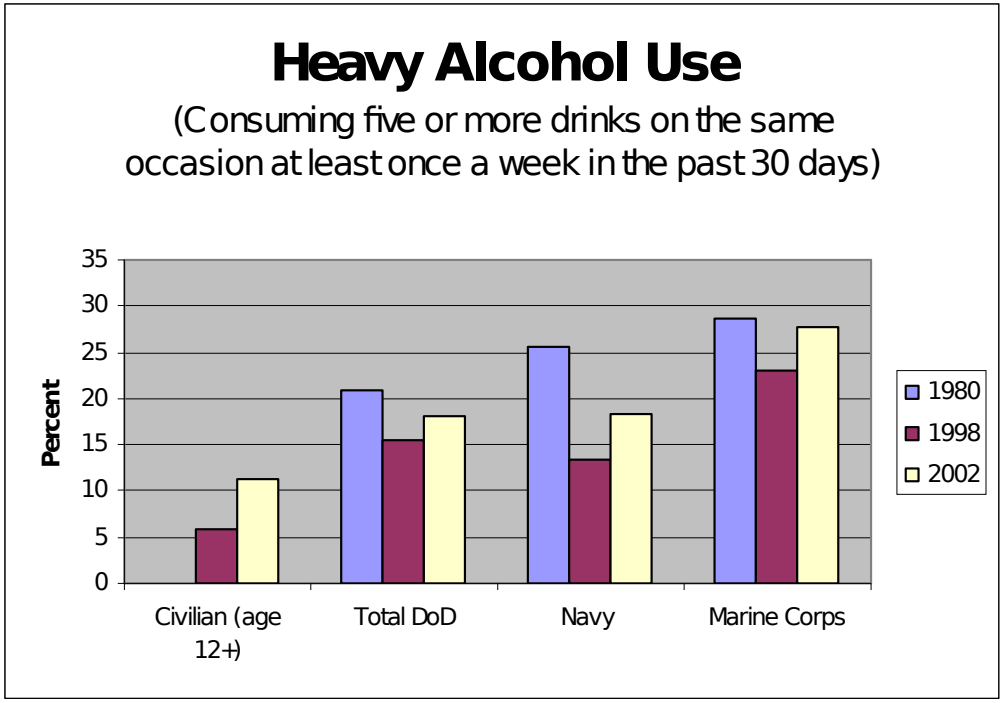

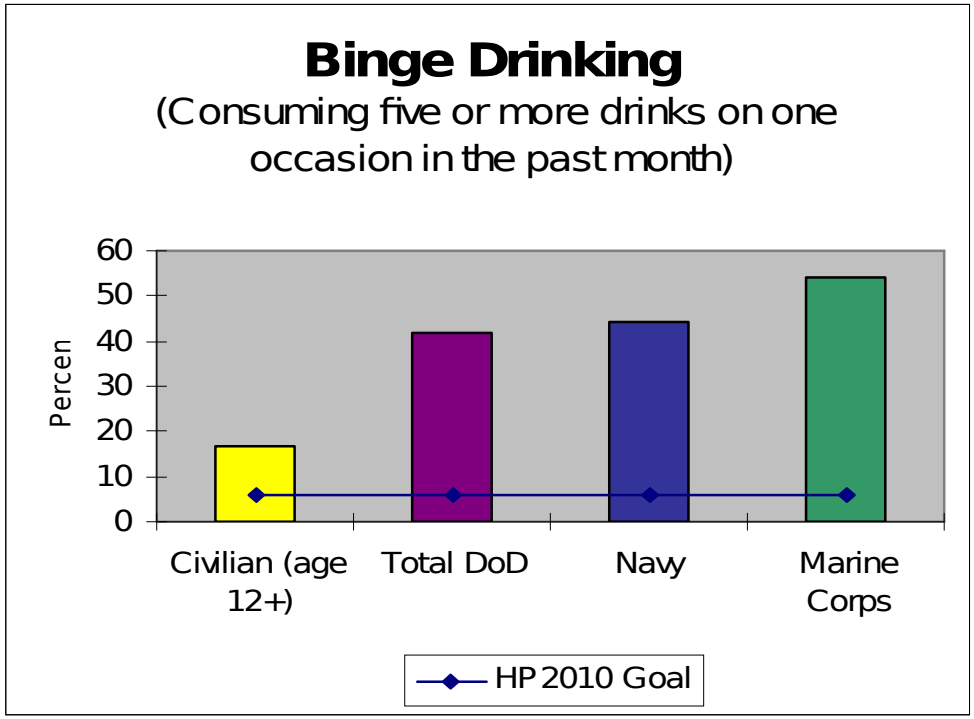

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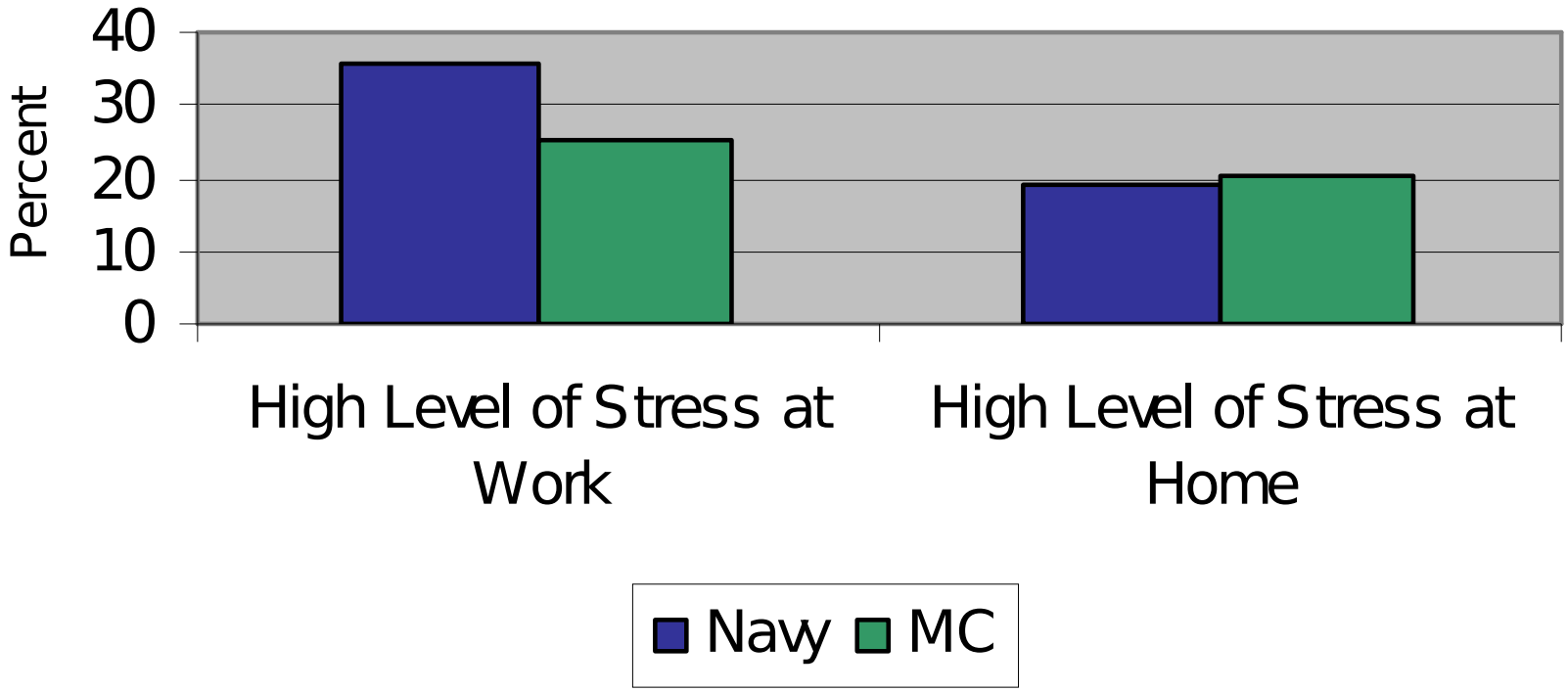
World Class Care... Anytime, Anywhere

High Level of Stress Experienced during Past Year



NAVAL MEDICINE
World Class Care... Anytime, Anywhere

Alignment

- **DoD Prevention, Safety, Health Promotion Council (PSHPC)**
  - Re-chartering process
  - Workgroup to address 2002 WW survey results
- **DoD 1010.10**
  - Support Healthy People – 10 Leading Health Indicators
  - Create DoD culture - values health & fitness
  - HP, DP, Injury Prevention, Pop Health
- **HP Instructions being updated**

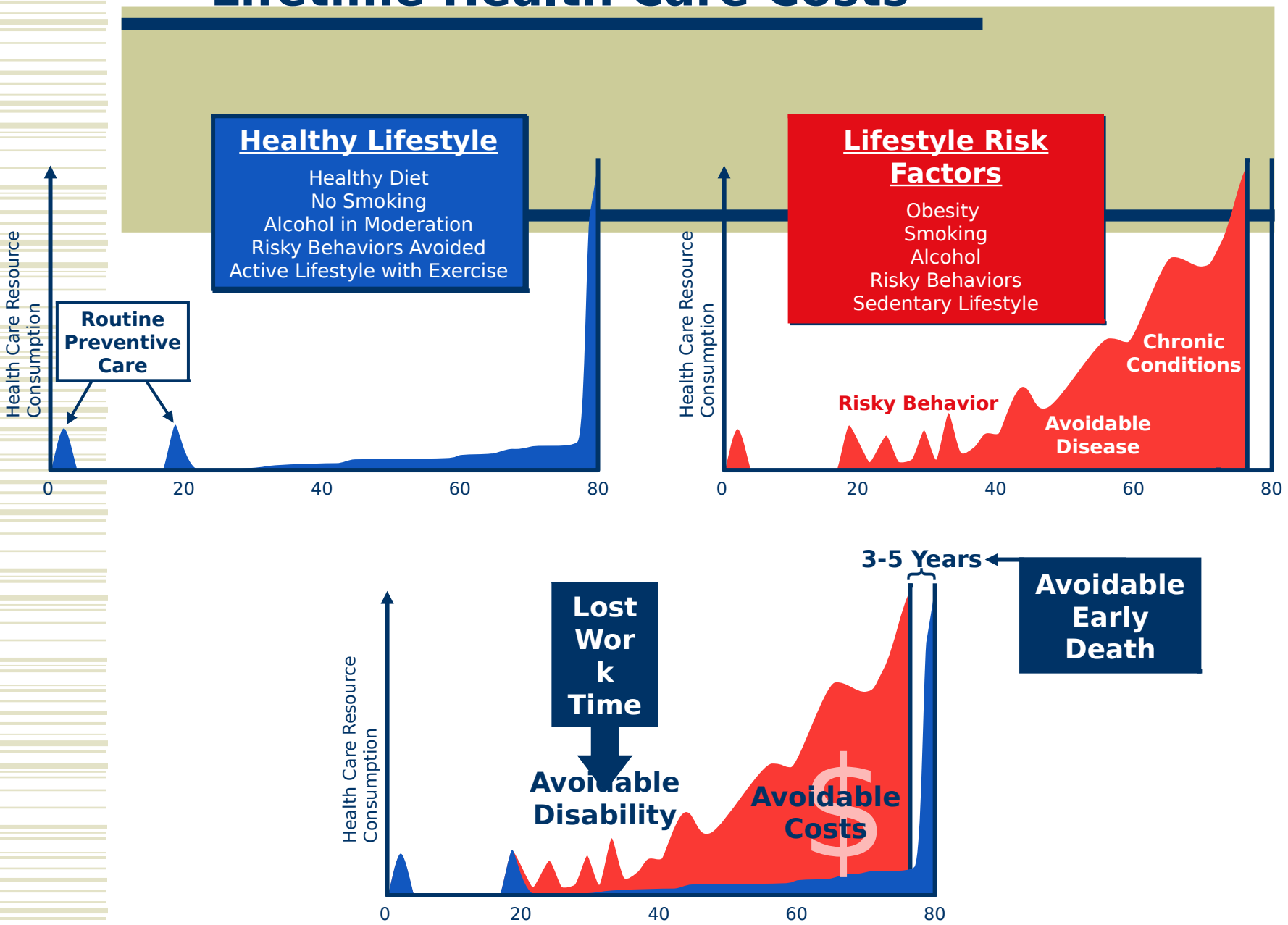
10 Leading Health Indicators

- Physical activity
- Overweight/obesity
- Tobacco use
- Substance abuse
- Responsible sexual behavior
- Mental health
- Injury/violence
- Environmental quality
- Immunization
- Access to health care

Top Ten plus One

1	Motor Vehicle Mishaps	Leading Cause of Active Duty Deaths
2	Musculoskeletal Injuries	Leading Cause of PEBs
3	Heart Attacks	Second Leading Cause of AD Deaths
4	Suicide Behavior	Third Leading Cause of AD Deaths
5	Mental Health Conditons	Second Leading Cause of AD PEBs
6	Military Airplane Mishaps	Fourth Leading Cause of AD Deaths
7	Tobacco Abuse	Contributes to cardiovascular disease, pulmonary disease, malignancies
8	Alcohol and Drug Abuse	Contributes to multiple risks, including MVA and suicide
9	Obesity	Contributes to cardiovascular disease and hinders fit and healthy force
10	Unsafe Sexual Practices	Contributes to personnel losses and excess morbidity
11	Occupational Exposure	Significant cause of morbidity from workpalce occupational exposures

Quality Care and Lifestyle Reduces Lifetime Health Care Costs



DoN Fitness and Wellness IPT

- **ASN(M&RA) Sponsored IPT Since May 03**
- **Charter, Milestone I and II briefings:**
  - **Improve Fitness and Reduce Obesity**
  - **Reduce Stress and Improve Mental Health**
  - **Proponency Office for Health and Productivity Management**
- **=>Pilot Site: Improve Fitness/Reduce Obesity**

Navy SG's Campaign

Pilot Site: Program Goal

- **Participate**
- **at least 30 minutes**
- **moderate exercise**
- **5 or more days/week**

(HPHEALTHY PEOPLE 2010**-2)**

Partners: Base Fitness & Nutrition Council

- **NAS Oceana**
- **BMC Oceana**
- **Tenant commands- AIMD, MATSG**
- **MWR Oceana**
- **NEX/DECCA Oceana**
- **FFSC Oceana**
- **NEHC**
- **NMC Portsmouth**
- **Center for Personal Development (CPD)**

Local pilot site logo

Pilot Site: Target Groups

- **Active Duty/Reservists**
- **Fitness Enhancement Program (FEP)**
- **Family Members, Civil Service and Retirees**
- **High Risk Beneficiaries (DM, HTN, Obesity)**

Registration

- **President's Challenge**

http://www.presidentschallenge.org

- **paper based backup plan**

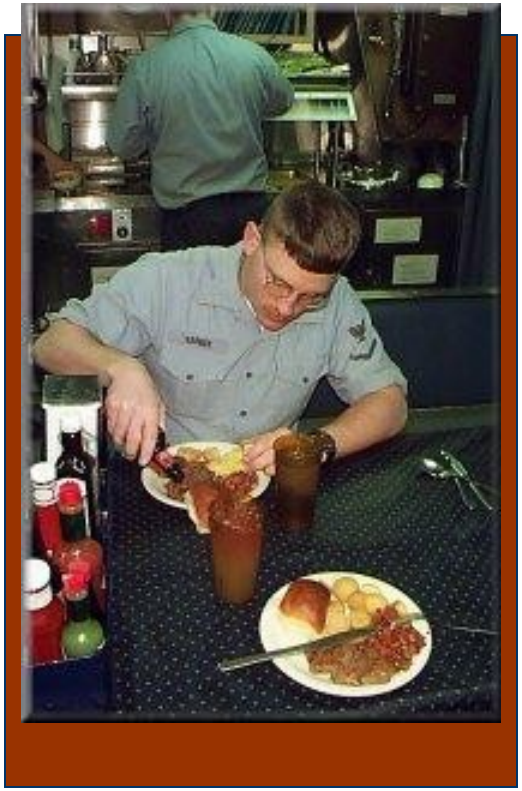
- **Alternative website: AOM**

http://www.americaonthemove.or

Implementation/Evaluation

- **Pedometer usage**
- **Incentives**
- **March-November PRT Schedule**
- **March-April: Focus groups, assessment**
- **May 19: Kickoff - Base Healthfest**
- **Outcome metrics:**
  - **PRIMS data**
  - **Participation – exercise tracking**
- **Beyond a medical program….**

Navy Nutrition Initiative



DoD Nutrition Initiatives:

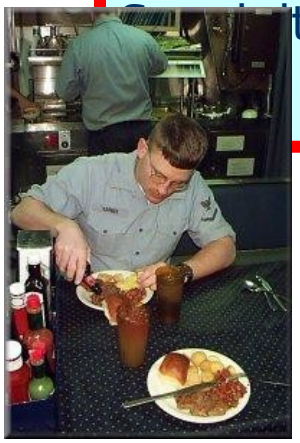
-Warfighter's Guide to Dietary Supplements

-Dietary Supplement Posters

-National Nutrition Month Resources

-Environmental Nutrition and Marketing

-Updated Reports from Service [illegible]ty Leaders



NEHC Nutrition Initiatives:

-Healthy Alternative Vending

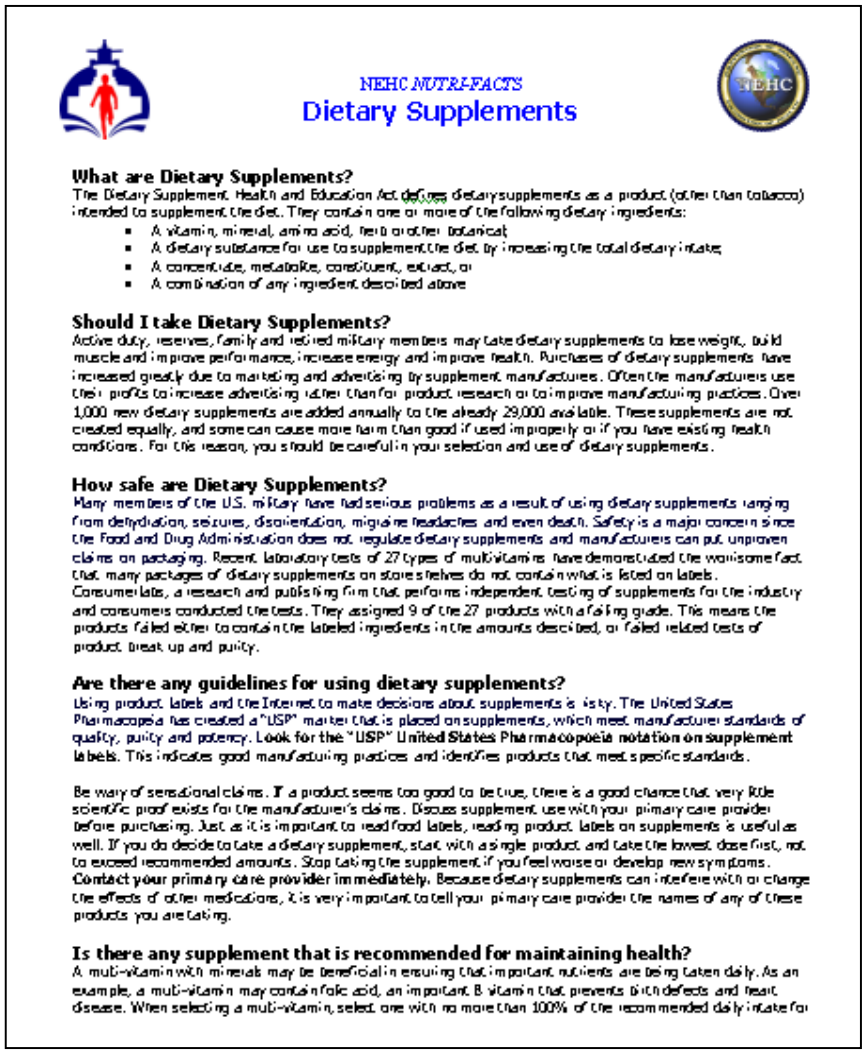
-Healthy Alternative Dining

-Special Forces Recovery Meals

-Health Promotion Training in Nutrition

-Nutrition GMT's with CPD

NEHC Nutri-Facts



NEHC *NUTRI-FACTS*

Dietary Supplements

What are Dietary Supplements?

The Dietary Supplement Health and Education Act defines dietary supplements as a product (other than tobacco) intended to supplement the diet. They contain one or more of the following dietary ingredients:

- A vitamin, mineral, amino acid, herb or other botanical
- A dietary substance for use to supplement the diet by increasing the total dietary intake
- A concentrate, metabolite, constituent, extract, or
- A combination of any ingredient described above

Should I take Dietary Supplements?

Active duty, reserves, family and retired military members may take dietary supplements to lose weight, build muscle and improve performance, increase energy and improve health. Purchases of dietary supplements have increased greatly due to marketing and advertising by supplement manufacturers. Often the manufacturers use their profits to increase advertising rather than for product research or to improve manufacturing practices. Over 1,000 new dietary supplements are added annually to the already 29,000 available. These supplements are not created equally, and some can cause more harm than good if used improperly or if you have existing health conditions. For this reason, you should be careful in your selection and use of dietary supplements.

How safe are Dietary Supplements?

Many members of the U.S. military have had serious problems as a result of using dietary supplements ranging from dehydration, seizures, disorientation, migraine headaches and even death. Safety is a major concern since the Food and Drug Administration does not regulate dietary supplements and manufacturers can put unproven claims on packaging. Recent laboratory tests of 27 types of multivitamins have demonstrated the worrisome fact that many packages of dietary supplements on stores shelves do not contain what is listed on labels. Consumerlabs, a research and publishing firm that performs independent testing of supplements for the industry and consumers conducted the tests. They assigned 9 of the 27 products with a failing grade. This means the products failed either to contain the labeled ingredients in the amounts described, or failed related tests of product break up and purity.

Are there any guidelines for using dietary supplements?

Using product labels and the Internet to make decisions about supplements is risky. The United States Pharmacopeia has created a "USP" marker that is placed on supplements, which meet manufacturer standards of quality, purity and potency. **Look for the "USP" United States Pharmacopoeia notation on supplement labels.** This indicates good manufacturing practices and identifies products that meet specific standards.

Be wary of sensational claims. If a product seems too good to be true, there is a good chance that very little scientific proof exists for the manufacturer's claims. Discuss supplement use with your primary care provider before purchasing. Just as it is important to read food labels, reading product labels on supplements is useful as well. If you do decide to take a dietary supplement, start with a single product and take the lowest dose first, not to exceed recommended amounts. Stop taking the supplement if you feel worse or develop new symptoms. **Contact your primary care provider immediately.** Because dietary supplements can interfere with or change the effects of other medications, it is very important to tell your primary care provider the names of any of these products you are taking.

Is there any supplement that is recommended for maintaining health?

A multi-vitamin with minerals may be beneficial in ensuring that important nutrients are being taken daily. As an example, a multi-vitamin may contain folic acid, an important B vitamin that prevents birth defects and heart disease. When selecting a multi-vitamin, select one with no more than 100% of the recommended daily intake for

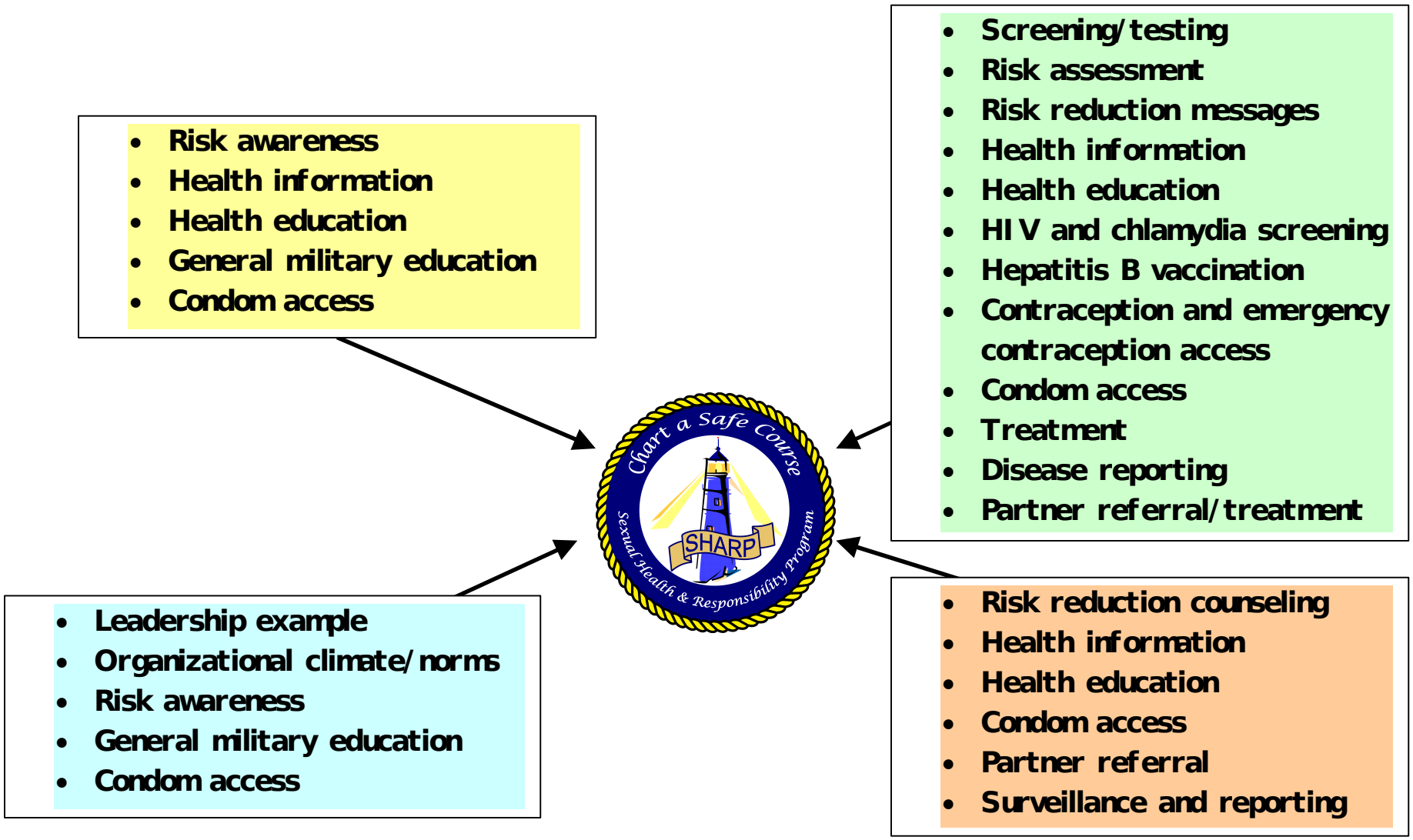
PREVENTION OF DISEASE
NEHC
PROMOTION OF HEALTH

Chart a Safe Course
SHARP
Sexual Health & Responsibility Program

SHARP Vision:

A DoN cultural norm in which sexual responsibility and safety is encouraged, supported, and expected, and a population in which all pregnancies are planned, Syphilis is eliminated, and other STDs, including HIV are prevented.

SHARP - "Chart a Safe Course"



Partners in Navy and Marine Corps Sexual Health

Educators, Instructors and Health Promoters

Clinicians and clinical staff

Preventive Medicine

Leaders, peers, and organizations

Clinical Epidemiology and Preventive Services